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OUR MISSION

Serving as a leading advocate and collaborative resource to provide access to high quality services for young children.

OUR VISION

A community where young children will reach their full health and educational potential.

CONTACT US

Receive our newsletter twice a year by US Mail. If you want to receive our newsletter, please contact:

Amy Wadsworth at
704-736-9008 or 704-922-0900,
or send an email to
publicinfo@pfclg.com.

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PARTNERSHIP PRESS

Spring 2012



News and Info about Smart Start in Lincoln & Gaston Counties

BOARD OF DIRECTORS

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RUN FOR THE MONEY 2012



The Partnership for Children is participating in Run for the Money 10. Date is Saturday, April 21, 2012. The fundraiser is sponsored by the Community Foundation of Gaston County for nonprofits and consists of a run/walk and a chance for donors to give to our cause! The Community Foundation will be accepting donations through April 27, 2012. This year's Run money will be used to support the Partnership for Children's Resource library for child care providers. This may include games, books and laminating materials. "The Resource library will be a great resource for our childcare community in Gaston and Lincoln Counties," said Diane Hines, Early Childhood Education Director. "I am honored that the funds are going towards this project."

Want to run or walk?

5K Run Early Bird registration is \$20. After April 13, registration is \$25. Run Day registration is \$30. 2K Walk Early Bird registration is \$10. After April 13, registration is \$15. Run Day registration is \$20.

Want to make a donation?

You can now make your donation online at www.cfgaston.org. Or make check, cashiers check or money order payable to the Community Foundation of Gaston County with a Donor form. No cash, please.

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See you on Run Day!



www.pfclg.com

NATIONAL NUTRITION MONTH

March is National Nutrition Month.

This month, the Academy of Nutrition and Dietetics reminds us how to return to the basics of healthy eating. The theme is to encourage eating of the recommended amounts of fruits, vegetables, grains, protein foods and dairy. Did you know that North Carolina has the 10th highest adult obesity rate in the nation? Childhood obesity is putting today's youth on a course to potentially be the first generation to live shorter, less healthy lives than their parents. North Carolina has the 11th highest childhood obesity rate in the nation. Good habits start at an early age and parents are their children's biggest role models. Linda Minges, a Family and Consumer Science Agent with the North Carolina Cooperative Extension Service, agrees that health habits start young. "Develop healthy habits at an early age when children are a sponge," she said. "That prevention can go a long way with overall health." Minges teaches a program called, "Color Me Healthy," for 4 and 5 year olds, which focuses on eating healthy and being active. The program uses sight, touch and sound to teach children. One aspect of the program involves getting children to try new foods! Minges states that it can take at least 12 times of tasting a certain food to decide if children like it. If your child is not interested in some foods, start with smaller portion sizes. Start with two or three small pieces. Remember a serving size can be eaten throughout the day.

Confused about serving sizes?

A serving size is:

- 1 medium size of fruit
- ½ cup of cooked vegetables or fruit (fresh or canned)
- 1 cup of raw leafy vegetables like lettuce

For more information visit colormehealthy.com

CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month.

There are many things you can do to help protect children from the risk of child abuse and neglect. First, know the different types of child abuse. Although there are typically four types, many can be found in combination. The four types of child abuse are:

- Physical
- Neglect
- Sexual
- Emotional Maltreatments

Do you know about North Carolina's Safe Surrender Law?

This law allows an overwhelmed parent to surrender a newborn to a responsible adult and walk away. The baby will then be placed in a loving home. For more information on the law, visit www.safesurrender.net.



Spring Book Recommendations

My Garden
by Kevin Henkes

Max's chocolate chicken
by Rosemary Wells

How Groundhog's Garden Grew
by Lynne Cherry

Bear wants more
by Karma Wilson

Snow Rabbit Spring Rabbit
by Il Sung Na

Spring is Here
by Will Hillenbrand

Bag in the Wind
by Ted Kooser

Forever Friends
by Carin Berger

Twelve days of Springtime
by Deborah Rose

Mouse's First Spring
by Lauren Thompson

It's Spring
by Linda Glaser

Countdown to Spring
by Janet Schulman

Wake Up, It's Spring!
By Lisa Ernest

Quiet Bunny's Many Colors
by Lisa McCue

Higgledy-Piggledy Chicks
by Barbara Joosse

Higher! Higher!
By Leslie Patricelli

SAVE THE DATES:

Teacher Appreciation Banquet

Monday, April 23, 2012 at 7 p.m.

Gaston County Citizens Resource Center,
1303 Dallas-Cherryville Hwy, Dallas

\$10 per person

To register, mail payment by April 18th to:
ECP Teacher Appreciation Dinner, PO Box 514, Dallas, NC 28034

Celebrate the Week of the Young Child

Lincoln County

Thursday, April 26, 2012 • 9-11 a.m.

First Baptist Children's Ministry Sports Field

Gaston County

Friday, April 27, 2012 • 9-11 a.m.

Biggerstaff Park

Sponsored by the National Association of the Education of Young Children, this annual celebration focuses on the needs of young children and their families to recognize the early childhood programs and services. The importance of children's earliest years are vital in shaping their learning and development. This year's theme is Early Years Are Learning Years.

Gastonia Grizzlies present SPLASH DAY

Visit our booth!

Wednesday, June 27, 2012

Come out and enjoy a baseball game for \$5 a person

Add a hot dog, chips and drink for \$8.50 a person

or bring your lunch

Call Emily to reserve 704-866-8622

Visit www.gastoniagrizzlies.com



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